



Questions for the Child Care Professional!

- ✓ How long have you worked with children?
- ✓ What type of trainings do you attend?
- ✓ Is smoking allowed?
- ✓ Are staff trained in First Aid and CPR?
- ✓ Are First Aid Kits and a list of emergency numbers nearby?
- ✓ Are children trained on what to do in a fire or emergency? How often do the child care staff and children practice fire and emergency drills?
- ✓ Are medicines, household cleaners, pesticides, and weapons locked away?
- ✓ Are pets licensed and current on rabies vaccinations?
- ✓ Do children use safety seats and seatbelts when being transported?
- ✓ Do you conduct daily health checks as the children arrive? What types of questions do you ask?
- ✓ Do children and adults wash hands...
 - upon arrival?
 - after toileting and diapering?
 - before and after eating?
 - after touching animals?
 - after playing outside or as a group?
- ✓ Are nutritious meals and snacks served?
- ✓ Do you provide a schedule that meet the children's need for routine, but is flexible enough to meet the needs of each child?
- ✓ What techniques do you use to communicate with the children?
- ✓ What do you feel is important for a child's growth and development?

- ✓ What is your method for dealing with...
 - potty training?
 - discipline?
 - weaning from the bottle?
- ✓ What child care policies and procedures are used?
- ✓ What are your arrangements when you or your staff are on vacation, ill, or have an emergency?

Select a Safe, Clean & Healthy Setting!



- ✓ Are emergency numbers posted?
- ✓ Are electrical outlets covered with safety caps?
- ✓ Are smoke and carbon monoxide detectors used and maintained?
- ✓ Are the following cleaned and sanitized after each use or as needed:
 - cots, mats, and crib rails?
 - food preparation and serving areas?
 - kitchenware?
 - mouthed toys?
 - bottles and nipples?
- ✓ Is the diaper changing area cleaned and disinfected after each use?
- ✓ Are waste baskets and trash cans kept cleaned and covered?
- ✓ Are cots or mats used for rest time?
- ✓ Is there enough indoor/outdoor space for active, quiet, group or individual play?
- ✓ Are toys, playground and equipment sturdy, in good repair, and cleaned regularly?

- ✓ Does the child care provide adequate supervision at all times?
- ✓ Are age appropriate activities planned and materials provided, including:
 - equipment for active play (balls, tricycles, climbing toys)?
 - materials for quiet play (books, puzzles, blocks)?
 - items for creative play (paint, paper, molding clay, music)?
- ✓ Is the child care free of lead-based paint?
- ✓ Is the child care free from indoor air pollutants including:
 - tobacco smoke?
 - molds and mildew?
 - odorless gases like carbon monoxide?
 - common household cleaners?
- ✓ Is the child care free from environment "triggers" that may cause an asthma attack, including:
 - tobacco smoke?
 - molds and mildew?
 - pollen?
 - dust mites, pet dander, and cockroach droppings?
- ✓ Do you see insects or other pests? If so, is the following done:
 - certified pest control operator handles evidence of rodents or insects?
 - all pesticides are labeled and stored in original containers, and locked away?



What Parents Should do for the Child Care!



- ✓ Be prompt and let your child care professional know if you will be late or absent.
- ✓ Provide the following information and update as needed or upon request:
 - parent/guardian telephone numbers for home, work or cellular.
 - 3 additional emergency contact phone numbers of individuals who have permission to pick up your child if you are unavailable.
- ✓ Provide written permission for giving medication. Medication should be in the original container with your child's name, doctor's name, expiration date and directions of how much and times of day to give medicine.
- ✓ Keep your child's immunizations current and provide immunization records.
- ✓ Discuss environmental or food allergies and diet restriction.
- ✓ Let the child care professional know if something has happened that may affect your child.
- ✓ Discuss any family customs or celebrations.
- ✓ Dress your child appropriately for the weather and daily activities. Provide extra clothes.
- ✓ If your child is under age six, leave a car seat for the child care to use.
- ✓ Allow a few minutes each day to visit with your child care professional.



Looking for Child Care?

Call **Child Care Connection** to receive a printed list of licensed child care facilities in Lancaster County.

Each list is specifically created based on your child care needs...

- ✓ How many of your children need care?
- ✓ How old are the children?
- ✓ Where do you want the care located (near home, work, or child's school)?
- ✓ What facilities accept child care assistance?
- ✓ Do you need part-time, evening or weekend care?
- ✓ Do you have other needs related to the child care environment (ex. smoke free)?

**Call
Child Care Connection
at 441-8026
OR
Create your own list at
www.lincoln.ne.gov
Search:
Child Care**

Types of Licensed Child Care!



Small Family Child Care Home:

Private home where care is provided for up to 3 children, in addition to the provider's own children.

Family Child Care Home I:

Private home where care is provided. Maximum capacity of 8 to 10 children.

Family Child Care Home II:

Care is provided at the home of the provider or at another location. Maximum capacity is 12 children with 2 providers.

Child Care Center:

Licensed to provide care for at least 13 children.

Pre-School:

Programs providing educational services.



**Once you have
narrowed the
list of
Child Care
Facilities...**

- Call the child care to schedule a visit during a quiet time when you can talk with the provider. Be prepared with a list of questions to ask the child care professional.
- Ask yourself "Would I trust this person to care for my child?"
- Visit again, unannounced with your child to see the day's activities. Observe the interaction between your child, the provider and the other children in care.

Resources

Nebraska Health and Human Services System provides support for complaints and non-compliance related to child care.
471-9278
1-800-600-1289
www.hhs.state.ne.us

Child Care Assistance provides financial assistance with child care expenses.
471-5130

ABUSE or NEGLECT Reporting
1-800-652-1999

Kids Connection provides assistance to obtain health insurance for children.
471-1069
1-877-632-5437

The Poison Center
1-800-222-1222

Lincoln/Lancaster County Health Department is available for questions or concerns about environmental threats to children.
441-8000
www.lincoln.ne.gov



PUBLIC HEALTH Every One.
Every Day.
Every Where.

Choose

Safe & Healthy

Child Care!



**Lincoln-Lancaster County
Health Department**

Child Care Connection

3140 N Street • Lincoln, NE 68510
(402) 441-8026
www.lincoln.ne.gov
Search: Child Care